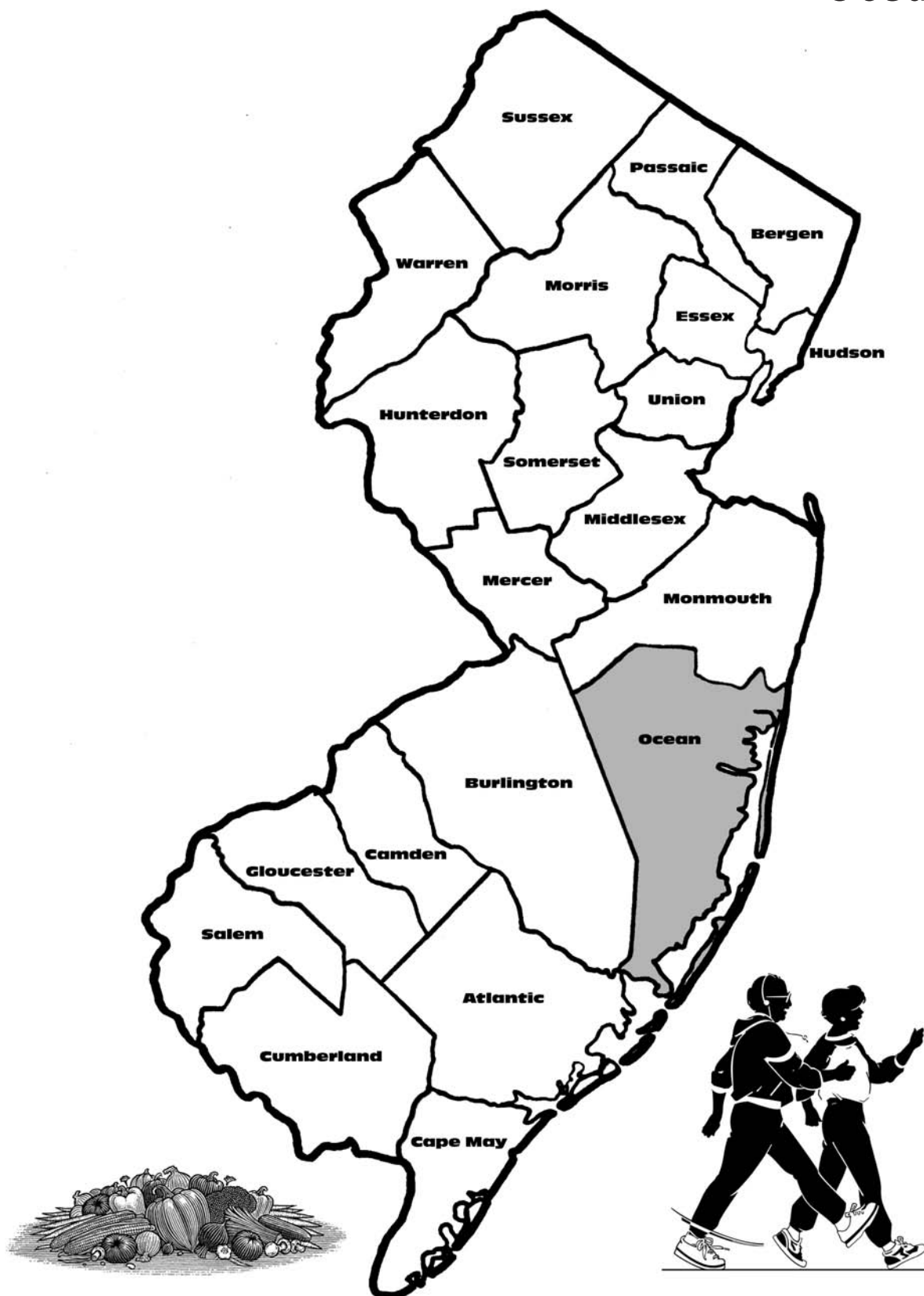







Ocean County










OCEAN COUNTY Nutrition Programs

Program Name:	Healthy Choices
Agency/Institution:	Ocean County Health Department
Address:	175 Sunset Avenue, Toms River, NJ 08755
County:	Ocean
Phone:	732-341-9700
Website:	www.ochd.org
Focus:	Making healthier food choices
Services:	  
Population served:	Children, adolescents, adults and families
Funded by:	Own funding
Fees & Charges:	None






Program Name:	Senior Games
Agency/Institution:	Long Beach Island Health Department
Address:	11601 Long Beach Blvd., Haven Beach, NJ 08008
County:	Ocean
Phone:	609-492-1212
Website:	www.lbihealth.com
Services:	 
Population served:	Seniors
Funded by:	Local municipal alliance
Fees & Charges:	None
Other information:	Program has specific cancer prevention focus. Call for information on current available programs.





OCEAN COUNTY Nutrition Programs

Program Name:	Train the Trainer: Addressing childhood obesity at the pre-school level
Agency/Institution:	Long Beach Island Health Department
Address:	11601 Long Beach Blvd., Haven Beach, NJ 08008
County:	Ocean
Phone:	609-492-1212
Website:	www.lbihealth.com
Focus:	Introduce strategies to increase activity and improve diet of pre-school attendees
Services:	 
Population served:	Children
Fees & Charges:	None
Other information:	Call for information on current available programs.



Program Name:	Beehive Senior Center, Congregate Nutrition Sites/Home Delivered Meals
Agency/Institution:	Community Services, Inc. of Ocean County
Address:	225 Fourth Street, Lakewood, NJ 08701
County:	Ocean
Phone:	732-367-1400
Focus:	Provide nutrition and social support service programs for elderly in their communities to assist older adults in living as independently as possible in the environment of their choice
Services:	    
Population served:	Ages 60+ Ocean County residents
Funded by:	State, federal, client meal donations, local municipalities, private donors
Fees & Charges:	None





OCEAN COUNTY Nutrition Programs

Agency/Institution:	Ocean County WIC
Address:	175 Sunset Ave., Toms River, NJ 08754
County:	Ocean
Phone:	732-341-9700
Focus:	Promote nutrition in low-income families to improve their health "wellness" and provide food
Services:	    
Population served:	Children, adults, families
Funded by:	Federal
Fees & Charges:	None





Program Name:	Lifestyle Intervention Program
Agency/Institution:	Long Beach Island Health Department
Address:	11601 Long Beach Blvd., Haven Beach, NJ 08008
County:	Ocean
Phone:	609-492-1212
Focus:	Improve nutrition education Prevention of metabolic syndrome
Services:	   
Population served:	Adolescents, adults, seniors, families
Funded by:	Own funding, LBI municipal alliance
Fees & Charges:	None
Other information:	Call for information on currently available programs.




OCEAN COUNTY Nutrition Programs

Program Name:	HealthEASE Serving Up Good Nutrition
Agency/Institution:	Ocean County Office of Senior Services
Address:	1027 Hooper Ave, Bldg #2 PO Box 2191, Toms River, NJ 08754-2191
County:	Ocean
Phone:	732-929-2091
Website:	www.co.ocean.nj.us
Focus:	Empower older adults to make healthy food choices through education and specific action steps to help them maintain independence and an enhanced quality of life
Services:	 
Population served:	Seniors
Funded by:	Own funding, state
Fees & Charges:	None
Other information:	Volunteer peer leader training available






Program Name:	Calcium Counts
Agency/Institution:	The Center for Women's Health at Community Medical Center
Address:	99 Highway 37 West, Toms River, NJ 08755
County:	Ocean
Phone:	732-557-3210
Website:	www.sbhcs.com
Focus:	Improve bone health for women
Services:	   
Population served:	Adult and senior women
Funded by:	Own funding, grants
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors





OCEAN COUNTY Nutrition Programs

Program Name:	Diabetes Self Management Series
Agency/Institution:	The Center for Diabetes at Community Medical Center
Address:	731 Lacey Road, Forked River, NJ 08731
County:	Ocean
Phone:	609-242-3610
Focus:	Healthy food choices
Services:	   
Population served:	All ages
Funded by:	Own funding, grants
Fees & Charges:	Yes
Other information:	Support groups and free programs with topics related to healthy food choices and carbohydrate intake





Agency/Institution:	The Lighthouse - A Center for Senior Health at Community Medical Center
Address:	99 Highway 37 West, Toms River, NJ 08755
County:	Ocean
Phone:	732-557-3210
Website:	www.sbhcs.com
Focus:	To provide some classroom instruction on healthy food choices
Services:	  
Population served:	Seniors
Funded by:	Own funding, grants
Fees & Charges:	None
Other information:	Periodic lectures on improving nutrition or disease specific nutritional issues Program provides information for cancer patients/ survivors





OCEAN COUNTY Nutrition Programs

Program Name:	Ocean County Nutrition Project for the Elderly
Agency/Institution:	Community Services, Inc.
Address:	225 Fourth Street, Lakewood, NJ 08701
County:	Ocean
Phone:	732-367-1400
Website:	www.csiofoceancounty.org
Focus:	Healthy meals for special needs seniors
Services:	    
Population served:	Targets socially isolated and frail/disabled seniors
Funded by:	State, federal
Fees & Charges:	None

Program Name:	Nutrition and Cooking Demonstrations
Agency/Institution:	The Wellness Community - The Diney Goldsmith Center
Address:	613 Hope Road, Eatontown, NJ 07724
County:	We serve both Ocean and Monmouth counties, and we are conveniently located off the Parkway Exit 105 for Ocean County residents.
Phone:	732-578-9200
Website:	www.thewellnesscommunity.org/jerseyshore
Focus:	Teach and encourage healthier eating during and after cancer treatment
Services:	   
Population served:	Adults, seniors
Funded by:	Own funding, grants
Fees & Charges:	None
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors



OCEAN COUNTY Nutrition Programs

Program Name:	Outpatient Nutrition Counseling
Agency/Institution:	Children's Specialized Hospital
Address:	94 Stevens Road, Toms River, NJ 08755
County:	Ocean
Phone:	732-914-1100
Website:	www.childrens-specialized.org
Focus:	Assist in making healthier food choices to achieve weight loss
Services:	   
Population served:	Children, adolescents
Fees & Charges:	Yes, insurance reimbursement and self-pay




Program Name:	Our Overweight Children: What Families Can Do
Agency/Institution:	Children's Specialized Hospital
Address:	94 Stevens Road, Toms River, NJ 08755
County:	Ocean
Phone:	732-914-1100
Website:	www.childrens-specialized.org
Focus:	To educate families (caregivers) on making healthier food choices and assisting children in efforts at weight management
Services:	   
Population served:	Children, adolescents, adults, families
Funded by:	Own funding
Fees & Charges:	None






OCEAN COUNTY Nutrition Programs

Agency/Institution:	Children's Specialized Hospital
Address:	94 Stevens Road, Toms River, NJ 08755
County:	Ocean
Phone:	732-914-1100
Website:	www.childrens-specialized.org
Focus:	To promote healthier eating style
Services:	  
Population served:	Children, adolescents
Fees & Charges:	Yes



Program Name:	Senior Discussions
Agency/Institution:	Jewish Family and Children's Service of Ocean County
Address:	301 Madison Avenue, Lakewood, NJ 08701
County:	Ocean
Phone:	732-363-8010
Website:	www.jewishoceancounty.org
Focus:	Promoting "healthy aging"
Services:	 
Population served:	Seniors
Funded by:	State, federal
Fees & Charges:	None



OCEAN COUNTY Physical Activity Programs

Program Name:	Healthy Choices
Agency/Institution:	Ocean County Health Department
Address:	175 Sunset Avenue, Toms River, NJ 08755
County:	Ocean
Phone:	732-341-9700
Website:	www.ochd.org
Focus:	Promote healthy lifestyle
Services:	  
Population served:	Children, adolescents
Funded by:	Own funding
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors




Agency/Institution:	Southern Ocean County Hospital
Address:	1140 Rte. 72 W, Manahawkin, NJ 08050
County:	Ocean
Phone:	609-978-3656
Website:	www.SOCH.com
Focus:	Promote active lifestyle Different programs may have more specific goals
Services:	    
Population served:	Adults, seniors, pregnant and mom/baby
Funded by:	Own funding, grants, state, self pay
Fees & Charges:	Yes, except at nutrition sites






OCEAN COUNTY Physical Activity Programs

Program Name:	Beehive Senior Center, Congregate Nutrition Sites
Agency/Institution:	Community Services, Inc. of Ocean County
Address:	225 Fourth Street, Lakewood, NJ 08701
County:	Ocean
Phone:	732-367-1400
Focus:	To promote an active lifestyle in an effort to assist older adults in living as independently as possible in the environment of their choice
Services:	 
Population served:	Ages 60+ Ocean County residents
Funded by:	Ocean county board of chosen freeholders, state, local municipalities, private donors, participant donations
Fees & Charges:	None





Program Name:	Class on Physical Activity
Agency/Institution:	Ocean County WIC
Address:	175 Sunset Ave., Toms River, NJ 08754
County:	Ocean
Phone:	732-341-9700
Focus:	To promote healthy weight
Services:	 
Population served:	Children, adolescents
Funded by:	State
Fees & Charges:	None
Other information:	We have a fat loss monitor; we will be asking clients if they would like to participate. At our local mall, we will have nutritionists available to answer questions and provide information with healthy snacks.






OCEAN COUNTY Physical Activity Programs

Program Name:	Exercise & Yoga
Agency/Institution:	Toms River Senior Center
Address:	652 Garfield Avenue, Toms River, NJ 08753
County:	Ocean
Phone:	732 341-1000
Focus:	To remain healthy and strong and extend the quality of life for our seniors
Services:	  
Population served:	Seniors
Funded by:	State, federal, township
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors



Program Name:	Project Healthy Bones
Agency/Institution:	Long Beach Island Health Dept.
Address:	11601 Long Beach Blvd., Haven Beach, NJ 08008
County:	Ocean
Phone:	609-492-1212
Focus:	Improved strength and balance
Services:	    
Population served:	Adults, seniors
Funded by:	Own funding, municipal alliance
Fees & Charges:	None
Other information:	Call for information on current available programs




OCEAN COUNTY Physical Activity Programs

Program Name:	HealthEASE Move Today
Agency/Institution:	Ocean County Office of Senior Services
Address:	1027 Hooper Ave, Bldg #2, PO Box 2191, Toms River, NJ 08754-2191
County:	Ocean
Phone:	732-929-2091
Website:	www.co.ocean.nj.us
Focus:	Encourage seniors to exercise regularly & incorporate movement into their daily lifestyles in order to preserve independence, enhance quality of life, improve health & prevent falls
Services:	   
Population served:	Seniors
Funded by:	Own funding, state
Fees & Charges:	None
Other information:	Promote/encourage walking programs Volunteer peer leader training available




Program Name:	LBI Walkers
Agency/Institution:	Long Beach Island Health Dept.
Address:	11601 Long Beach Blvd., Haven Beach, NJ 08008
County:	Ocean
Phone:	609-492-1212
Focus:	Improve cardiovascular fitness, offer emotional support
Services:	    
Population served:	Adults, seniors
Funded by:	Own funding, municipal alliance
Fees & Charges:	None

OCEAN COUNTY Physical Activity Programs




Program Name:	Walking Program
Agency/Institution:	Long Beach Island Senior Center
Address:	4700 Long Beach Blvd., Long Beach Township, NJ 08008
County:	Ocean
Phone:	609-494-8861
Website:	www.lbisaintfrancis.org
Focus:	Promote an active lifestyle
Services:	 
Population served:	Adults, seniors
Funded by:	State, federal, county
Fees & Charges:	None






Program Name:	Project BONES
Agency/Institution:	The Center for Women's Health at Community Medical Center
Address:	99 Highway 37 West, Toms River, NJ 08755
County:	Ocean
Phone:	732-557-3210
Website:	www.sbhcs.com
Focus:	The Center for Women's Health is a community-based health promotion and wellness program for adult women of all ages. Project BONES is an osteoporosis screening program with education and exercise components specifically for adult women age 50 and over.
Services:	  
Population served:	Women ages 50+
Funded by:	Own funding, grants
Fees & Charges:	Yes, nominal fee of \$10.00
Other information:	Tai Chi for osteoporosis Weight-bearing exercises for osteoporosis Provides information for cancer patients/survivors

OCEAN COUNTY Physical Activity Programs

Program Name:	Healthy Bones
Agency/Institution:	The Lighthouse - A Center for Senior Health at Community Medical Center
Address:	99 Highway 37 West, Toms River, NJ 08755
County:	Ocean
Phone:	732-557-3210
Website:	www.sbhcs.com
Focus:	The goal of The Lighthouse is to provide health education, improve quality of life and promote independence for older adults. The goal of Healthy Bones is to improve bone health, improve balance, and decrease the risk of falls through strength training and education.
Services:	  
Population served:	Seniors
Funded by:	Own funding, grants
Fees & Charges:	Yes
Other information:	We periodically have lectures on the benefits of exercise or how to begin exercising. We also offer Yoga, Tai Chi and self defense classes. Program provides information for cancer patients/survivors.



OCEAN COUNTY Physical Activity Programs


Program Name:	Yoga, T'ai Chi, Qi Gong, Strength Training
Agency/Institution:	The Wellness Community - The Diney Goldsmith Center
Address:	613 Hope Road, Eatontown, NJ 07724
County:	We serve both Ocean and Monmouth counties and we are conveniently located off the Parkway Exit 105 for Ocean County residents.
Phone:	732-578-9200
Website:	www.thewellnesscommunity.org/jerseyshore
Focus:	To help people affected by cancer enhance their health and well-being
Services:	  
Population served:	Adults, seniors
Funded by:	Own funding, grants
Fees & Charges:	None
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors

Program Name:	Shapedown
Agency/Institution:	Children's Specialized Hospital
Address:	94 Stevens Road, Toms River, NJ 08755
County:	Ocean
Phone:	732-914-1100
Website:	www.childrens-specialized.org
Focus:	Educate about an active and healthy lifestyle
Services:	    
Population served:	Children, adolescents, families
Fees & Charges:	Yes

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

OCEAN COUNTY Physical Activity Programs

Program Name:	Our Overweight Children: What Families Can Do
Agency/Institution:	Children's Specialized Hospital
Address:	94 Stevens Road, Toms River, NJ 08755
County:	Ocean
Phone:	732-914-1100
Website:	www.childrens-specialized.org
Focus:	To educate on better health choices to improve health and decrease weight
Services:	 
Population served:	Adults, families
Funded by:	Own funding
Fees & Charges:	None

Program Name:	Fitness group
Agency/Institution:	Children's Specialized Hospital
Address:	94 Stevens Road, Toms River, NJ 08755
County:	Ocean
Phone:	732-914-1100
Website:	www.childrens-specialized.org
Focus:	To educate and have programs to integrate into community
Services:	
Population served:	Children, adolescents
Fees & Charges:	Yes